Virginia Department of Medical Assistance Services
Consumer-Directed Services COVID-19
Fact Sheet on Personal Protection- 2020

The Virginia Department of Medical Assistance Services (DMAS) is committed to protecting the health, safety, and welfare of all Medicaid members and personal care providers. In light of the public health emergency presented by COVID-19, DMAS is sharing the following valuable information about resources available to protect our community.

The Centers for Disease Control and Prevention (CDC) provides the following guidance to those caring for someone with COVID-19 at home or in a non-health care setting.

Protect Yourself and Others While Providing Care:

- Wash your hands frequently with soap and water for at least 20 seconds. When soap and water is unavailable, use hand sanitizer
- Use protective gloves
- Wear a face covering such as a mask or scarf
- Limit contact. COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets, created when someone talks, coughs or sneezes.
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces frequently

CORONAVIRUS PREVENTION

Personal Protective Equipment (PPE)

During the COVID-19 pandemic, personal care attendants and members should remain safe through the use of personal protective equipment (PPE). PPE includes items like face coverings and gloves. The Occupational Safety and Health Administration (OSHA) provides the following training guidance for the proper use of PPE:

- Specific PPE equipment may be determined by your employer
- Change medical gloves if torn or contaminated with bodily fluids.
- Dispose of PPE appropriately
- Clean, disinfect, and maintain reusable equipment and PPE.

Frequently Asked Questions

How do I stay safe as a personal care attendant during the COVID-19 pandemic?

Wash your hands often, wear face coverings, and use other personal protective equipment. Practice social distancing whenever possible.

What should I do if a Medicaid member or personal care attendant requires urgent medical attention
For all medical emergencies, please dial 911.

Frequently Asked Questions (continued)

Where can I find information about obtaining personal protective equipment (PPE)?
Your local department of health may be a resource for PPE for home care workers.

Cloth face coverings may serve as an alternative to traditional PPE. Click here for valuable information from the CDC on face coverings.

Community Resources

Centers for Disease Control and Prevention

- Caring for Someone Sick at Home - https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html
- Handwashing Tips - https://www.cdc.gov/handwashing/
- How to Protect Yourself and Others - https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html
- CDC Face Covering Information - https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html
- Printable information - https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-coverings-information.pdf

Virginia Department of Health

- Helpful Tips - https://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/VDH-What-you-need-to-know-Flyer-ENG.pdf

OSHA Training

- https://www.osha.gov/SLTC/covid-19/controlprevention.html#interim_increased_risk

*For more information about DMAS and the response to COVID-19,
please visit www.dmas.virginia.gov.*